



The Senior Sentinel

884-4100 885-5381 863-6112 587-8653 654-9003 798-0231

Happy Mother's Day

Annual Senior Luncheon

Friday, May 19, 2017
Saratoga Springs City Center
522 Broadway, Saratoga Springs

Please join us for a "Birthday Party" luncheon hosted by the Saratoga County Office for the Aging. We guarantee an afternoon of dancing, good friends and delicious food. The doors open at 11:00 am to give you time to get settled and socialize before the following lunch is served at noon.



Bourbon Chicken
Scalloped Potatoes
Green Bean Creole
Dinner Role
Mini King Cake



There will be musical entertainment and door prizes for some lucky Seniors. Tickets are available at some Meal Sites and Senior Centers throughout Saratoga County or by calling the Office for the Aging at 884-4100. The suggested contribution is \$4.00 per ticket.



**The Office for the Aging will be closed
Monday, May 29, 2017 in observance of
Memorial Day.**

From Our Dietitian:

Multivitamin-To Take or Not To Take?

Should we all be taking a multivitamin for our health every day? That can be a difficult question to answer, given that the evidence to take a multivitamin to help prevent disease is mixed. By definition, the National Institutes of Health defines a multivitamin as any supplement that does not contain drugs, herbs or hormones but rather contains three or more vitamins and minerals each at or below a level recognized as safe by the National Academy of Sciences Food and Nutrition Counsel.

Just as with medications we may take, deciding to take a multivitamin can come with some pros and cons. Here are a few pros and cons to consider before taking a multivitamin supplement.

Pros:

- They fill in nutrient gaps-A daily multivitamin supplement not exceeding the Daily Value may act as an “insurance” policy when your diet falls short on meeting your optimal nutrient needs.
- They’re safe-A recent review has provided the strongest evidence to date that taking a multivitamin/mineral supplement does not pose risk to health as do larger dose single supplements.
- They are affordable-Depending on the brand or type you choose (organic, food based or natural brands-may cost more) most multivitamins are affordable and there is no evidence that taking more expensive brands provide additional benefit.
- May reduce some disease and cognitive decline-A lower risk of cardiovascular disease has been found with long term use of multivitamins(20 or more years) as well as some studies showing a reduction in cataracts and cancer for those who regularly take a multivitamin. Older individuals may benefit from a reduction in cognitive decline at least in the short term.

Cons:

- They don’t provide everything-taking a daily multivitamin should not lead you to believe that you have all your nutritional bases covered. There are numerous natural compounds in foods beyond vitamins and minerals such as phytochemicals which scientists continue to discover in plant foods all the time. These nutrients in whole plant foods work as a package in synergy delivering nutrients that your body requires in the right amounts. For some nutrients –calcium for example, multivitamins cannot provide the daily amounts needed in our diets each day. We would not be able to swallow a multi that contained all the calcium we needed in a given day.
- They may be unnecessary-If you already have a nutrient dense diet with many fruits and vegetables, whole grains and legumes taking a multivitamin may be a waste of money.
- Nutrients may not be available to the body-There is no mandatory standard for how well a multi is available to the body for absorption. Those that display the US Pharmacopeial (USP) mark have met USP standards for dissolvability one indication as to how well it will be available for absorption.

One thing that is clear is that a pill can never replace the complex nutrients found in whole foods. Very convincing data is linking diet patterns and foods, not pills, to lower risks of some disease states. Best advice is to put foods first and supplements second. As always, be sure to check with your health care provider before taking any supplements to assure they are safe for you and your individual needs.

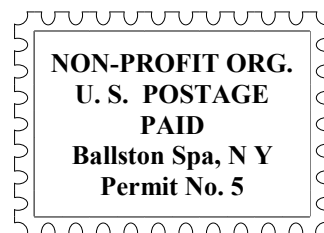
The United States Department of Agriculture, Rural Development, is offering Single Family Housing Repair Loans & Grants

Also known as the Section 504 Home Repair program, this provides loans to very-low-income homeowners to repair, improve, or modernize their homes or provides grants to elderly very-low-income homeowners to remove health & safety hazards.

Please call Rural Development @ 518-692-9940 ext. 4 for more details and/or to see if you qualify.

Saratoga County Office for the Aging
152 West High Street
Ballston Spa, N. Y. 12020

Return Service Requested



*Saratoga County Office for the Aging is funded by Title III of the Older Americans Act,
New York State Office for the Aging, the County of Saratoga and local Municipalities*

How do I get a replacement Medicare card?

Your Medicare card is proof of your Medicare insurance. If your Medicare card was lost, stolen, or destroyed, you can ask for a replacement by using your online *my* Social Security account.

If you don't already have an account, you can create one online.

- ⇒ Go to Sign In or Create an Account.
- ⇒ Once you are logged in to your account, select the "Replacement Medicare Card."
- ⇒ Your Medicare card will arrive in the mail in about 30 days at the address on file with Social Security.

If you can't or prefer not to use the online service:

- Call 1-800-772-1213 (TTY 1-800-325-0778),
Monday through Friday, from 7 a.m. to 7 p.m; or
- Contact your local Social Security office

Saratoga County Public Health and the Office for the Aging Health Screening Schedule for *June 2016.*

Wilton Senior Center	1:15pm to 3:15pm	June 13, 2017
Van Schoonhoven	1:30pm to 2:30pm	June 19, 2017
Edinburg Town Hall	1:00pm to 2:00pm	June 23, 2017

Need Help Paying for Medicare?

Medicare Savings Programs, also known as Medicare Buy-In programs, are programs that help pay your Medicare premiums and sometimes also coinsurance and deductibles.

Representatives from OFA will be available at the Health Screenings listed above to assist you or you may call 884-4100 to see if you qualify.